



# Dance Space Map: 3<sup>rd</sup> grade dance

Teaching pathways, locomotor steps, space maps for dance,  
compasses, keys, and intermediate directions.

Lesson created by Rachel Swenson, Dance Specialist

**Introduction:** Show an example of any kind of map. Ask, “What do all good maps have on them to help people read and follow the map correctly?” Most students reply, “A compass.” We are going to warm-up our bodies while we go through the directions of a compass. Please face North in this room (help students know where North, South, East, and West are).

**Warm-up:** Everyone faces north to begin the warm-up.

- **“North”**

**Under-curve stepping forward** with right foot and stretch both arms forward and left leg up, making a flat balancing shape. Then step feet back together. Repeat alternating right and left chanting **“North”** with each reach forward. **4 counts each side, and repeat.**

- **“South”**

With **legs bent, back curved over**, and feet parallel close together, arms creating a circle in front of body. **Circle arms up and back, accenting the arch of the back and neck** going up and to the south, and chant **“South.”** Slowly curve back and bend legs back to the start in 3 counts. **4 counts together and repeat 4 times.**

- **“East” and “West”**

**Swing arms to the right**, under-curve step to the right, and stretch so that left leg leaves the floor. Repeat **3 times** while chanting **“East,”** and then side-slide left, circle arms to the left, all at the same time while saying, **“to the West.”** Do the same to the left saying, **“West,”** then side-slide to the right while saying, **“to the East.”** Repeat.

- **“North East...”**

Reach both arms above head, bend legs to little crouched ball, and **lie on the ground in an “X” position**, while doing this say, **“this is my compass rose.”** Slowly **lift the right leg 4 counts**, and say **“North East.”** **Slowly lower right leg 4 counts.** Do this with the **left leg** and say, **“North West.”** Repeat with arms saying, **“South East”** and **“South West.”**

- Students get **8 counts to come to standing** and **repeat the whole warm-up**

**Locomotor:** Review moving through the space **following different pathways**, zigzag, curving, and direct. Such as walk zigzag, side-slide direct pathways, skip curving pathways, etc. Any traveling music will do or just use the drum.

**Creative:** Students create individual dance space maps with a map title, compass, key, pathways, frozen shape destinations, instruction of movement on each pathway using a verb and an adverb, and written directions for map users.

**Perform:** Students follow his/her map and dance the map dance. After rehearsing with the map a few times, have students dance the map dance without the map. Encourage students to involve his/her back and arms into the locomotor steps.

**Perceive and Reflect:** Verbal discussion as a class. What did you see? What did you like?

**Assessment:** Check each student’s map for comprehension of concepts being taught and following directions.

**Extension:** 1) Have students exchange *Dance Space Maps* and dance the new map. Then have them discuss as a partnership what helped them follow the map easily and what might help them next time. 2) Have students partner up and while one of the partners dance his/her own map, the other partner looks at the map for accuracy. Each takes a turn watching and performing. Then they discuss what each other did well in the dance performance, dance creation, and /or creation of the map.